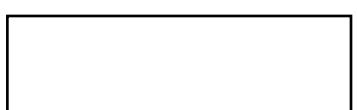


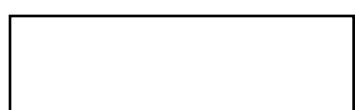
# Your AI-Generated Schedule

Date	Time	Task	Duration
2025-09-17	08:00	Ø=Ü <sup>a</sup> Full-body gym (strength focus)	1h
2025-09-17	09:00	3–6 reps	1h
2025-09-17	10:00	compound lifts)	1h
2025-09-17	11:00	Muscle / Function	1h
2025-09-17	12:00	Exercise	1h
2025-09-17	13:00	Sets x Reps	1h
2025-09-17	14:00	Notes	1h
2025-09-17	15:00	Quads & Glutes	1h
2025-09-17	16:00	Back Squat (or Front Squat)	1h
2025-09-17	17:00	4x4–6	1h
2025-09-17	18:00	Explosive up	1h
2025-09-17	19:00	controlled down	1h
2025-09-17	20:00	Hamstrings / Posterior Chain	1h
2025-09-17	21:00	Romanian Deadlift	1h
2025-09-17	22:00	3x5	1h
2025-09-17	23:00	Slow down	1h

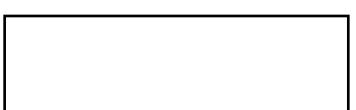
2025-09-17



24:00



fast up





2025-09-17

25:00

focus on glutes &  
hamstrings



2025-09-17

26:00

## Single-Leg Stability



2025-09-17

27:00

## Bulgarian Split Squat



2025-09-17

28:00

3x6/leg



2025-09-17

29:00

Helps sprinting



2025-09-17

30:00

kicking



2025-09-17

31:00

balance



2025-09-17

32:00

## Upper Body Pull



2025-09-17

33:00

Pull-Ups / Weighted Pull-Ups



2025-09-17

34:00

4x6



2025-09-17

35:00

Lats



2025-09-17

36:00

posture



2025-09-17

37:00

sprint arm drive



2025-09-17

38:00

## Upper Body Push



2025-09-17

39:00

Bench Press / Dumbbell  
Press



2025-09-17

40:00

3x5



2025-09-17

41:00

Explosive push for  
tackling & shoulder  
strength



2025-09-17

42:00

Upper Body Pull /  
Shoulder



2025-09-17

43:00

## Barbell or Dumbbell Row



2025-09-17

44:00

3x6



2025-09-17

45:00

Upper back



2025-09-17

46:00

posterior shoulder



2025-09-17

47:00

anti-rotation



2025-09-17

48:00

## Core / Anti-Rotation



2025-09-17

49:00

Palloff Press / Plank with  
Arm Lift



2025-09-17

50:00

3x30–45s



2025-09-17

51:00

Core stability & injury  
prevention



2025-09-17

52:00

## Grip / Full Body Tension



2025-09-17

53:00

Farmer Carry



2025-09-17

54:00

2x40m



2025-09-17

55:00

Grip



2025-09-17

56:00

posture



2025-09-17

57:00

total-body tension



2025-09-17

58:00

Full-Body Post-Workout  
Recovery & Stretching



2025-09-17

59:00

## Lower Body / Hips



2025-09-17

60:00

Hip Flexor Stretch  
(Runner's Lunge) –  
2x30s per leg



2025-09-17

61:00

Open hips



2025-09-17

62:00

improve stride length.



2025-09-17

63:00

Hamstring Stretch  
(Seated or Standing) –  
2x30s per leg



2025-09-17

64:00

Prevent hamstring  
tightness after squats &  
RDLs.



2025-09-17

65:00

Glute Stretch (Figure 4  
Stretch) – 2x30s per leg



2025-09-17

66:00

Relieves glutes



2025-09-17

67:00

supports explosive movements.



2025-09-17

68:00

Adductor Stretch  
(Butterfly or Side Lunge  
Stretch) – 2x30s



2025-09-17

69:00

Helps side-to-side  
movement on the pitch.



2025-09-17

70:00

Upper Body / Shoulders /  
Back



2025-09-17

71:00

Chest Stretch (Doorway  
Stretch) – 2x30s



2025-09-17

72:00

Opens chest after bench  
press.



2025-09-17

73:00

Lat Stretch (Overhead  
Reach / Child's Pose  
Variation) – 2x30s



2025-09-17

74:00

Loosens lats after pull-ups and rows.



2025-09-17

75:00

Rear Delt / Upper Back  
Stretch – 2x30s



2025-09-17

76:00

Cross arm across chest  
and pull gently.



2025-09-17

77:00

Core / Spine



2025-09-17

78:00

Cat-Cow Stretch – 2x10  
slow reps



2025-09-17

79:00

Mobilizes spine and core.



2025-09-17

80:00

**Stir the Pot (on Stability Ball) – 2–3x30s**



2025-09-17

81:00

Keep hips stable



2025-09-17

82:00

rotate arms in circles;  
engages deep core.



2025-09-17

83:00

Seated Spinal Twist –  
2x30s per side



2025-09-17

84:00

Improves thoracic  
mobility and rotation for  
kicking & turning.



2025-09-17

85:00

Full-Body / Dynamic  
Release



2025-09-17

86:00

Foam Rolling (Optional  
but Recommended) – 5–  
10 min



2025-09-17

87:00

Quads



2025-09-17

88:00

hamstrings



2025-09-17

89:00

glutes



2025-09-17

90:00

calves



2025-09-17

91:00

lats



2025-09-17

92:00

upper back.



2025-09-17

93:00

TUESDAY



2025-09-17

94:00

Solo Soccer Plyometrics  
+ Linear Speed Session  
(60–70 min)



2025-09-17

95:00

## 1. Warm-Up (10–12 min)



2025-09-17

96:00

Leg swings (forward/  
back) 10 each leg



2025-09-17

97:00

Hip circles 10 each side



2025-09-17

98:00

Arm swings & shoulder  
circles 10 reps



2025-09-17

99:00

High knees 2x20m



2025-09-17

100:00

Butt kicks 2x20m



2025-09-17

101:00

A-skips / B-skips 2x20m



2025-09-17

102:00

2. Plyometric Drills (25–  
30 min)



2025-09-17

103:00

## Explosive Lower Body



2025-09-17

104:00

Standing broad jumps:  
3x6



2025-09-17

105:00

Single-leg hops (forward):  
2x6 per leg



2025-09-17

106:00

Depth jumps (low box /  
step): 3x5



2025-09-17

107:00

Tuck jumps: 2x10



2025-09-17

108:00

Split squat jumps: 3x8  
per leg



2025-09-17

109:00

Bounding / Power skips:  
2x15m – exaggerate  
stride



2025-09-17

110:00

arm drive



2025-09-17

111:00

Single-leg box hops: 2x6  
per leg



2025-09-17

112:00

Focus: Single-leg power



2025-09-17

113:00

hip extension



2025-09-17

114:00

landing control



2025-09-17

115:00

3. Linear Acceleration  
Sprints (20 min)



2025-09-17

116:00

10–15m sprints from  
standing: 6–8 reps



2025-09-17

117:00

full effort



2025-09-17

118:00

walk back recovery



2025-09-17

119:00

20–30m sprints from 3-point start / jogging start:  
4–6 reps



2025-09-17

120:00

Flying sprints (10m build-up + 20m sprint): 3–4 reps



2025-09-17

121:00

Focus: Explosive first  
steps



2025-09-17

122:00

sprint mechanics



2025-09-17

123:00

top-end speed



2025-09-17

124:00

4. Core / Stability  
(Optional)



2025-09-17

125:00

5–8 min)



2025-09-17

126:00

**Stir the Pot (stability ball):**  
2–3x30s controlled circles



2025-09-17

127:00

Planks / Side Planks:  
2x30–45s each



2025-09-17

128:00

Focus: Core stability



2025-09-17

129:00

essential for balance and  
tackling



2025-09-17

130:00

5. Cool-Down &  
Stretching (5–8 min)



2025-09-17

131:00

Light jogging / walking



2025-09-17

132:00

Static stretches:  
hamstrings



2025-09-17

133:00

quads



2025-09-17

134:00

calves



2025-09-17

135:00

glutes



2025-09-17

136:00

hip flexors



2025-09-17

137:00

Foam rolling optional



2025-09-17

138:00

WEDNESDAY



2025-09-17

139:00

Soccer-Specific Strength-  
Endurance / Acceleration  
Session (60–70 min)



2025-09-17

140:00

1. Lower Body –  
Explosive & Isometric



2025-09-17

141:00

## Exercise



2025-09-17

142:00

Sets x Duration / Reps



2025-09-17

143:00

## Pitch Benefit



2025-09-17

144:00

## Goblet Squat





2025-09-17

145:00

3x12



2025-09-17

146:00

Strengthens quads &  
glutes for sprinting &  
tackling



2025-09-17

147:00

## Bulgarian Split Squat



2025-09-17

148:00

3x12/leg



2025-09-17

149:00

Single-leg power for  
kicking & cutting



2025-09-17

150:00

Lunge Hold / Split-Lunge  
Iso



2025-09-17

151:00

3×20–30s/leg



2025-09-17

152:00

Improves sprint stride  
stability & balance under  
fatigue



2025-09-17

153:00

## Romanian Deadlift



2025-09-17

154:00

3x12



2025-09-17

155:00

Hamstring & glute  
endurance for repeated  
acceleration



2025-09-17

156:00

## Wall Sit



2025-09-17

157:00

3×30–45s



2025-09-17

158:00

Maintain defensive  
stance & posture



2025-09-17

159:00

## Calf Raise



2025-09-17

160:00

3x15-20



2025-09-17

161:00

Push-off power for sprints  
& quick changes



2025-09-17

162:00

2. Upper Body – Push &  
Pull



2025-09-17

163:00

## Exercise



2025-09-17

164:00

Sets x Reps



2025-09-17

165:00

## Pitch Benefit



2025-09-17

166:00

## Dumbbell Bench Press



2025-09-17

167:00

3x12



2025-09-17

168:00

Explosive arms for  
shielding & tackling



2025-09-17

169:00

## Push-Up Hold



2025-09-17

170:00

3×15–20s



2025-09-17

171:00

Core + upper body  
endurance for physical  
duels



2025-09-17

172:00

## Dumbbell Row



2025-09-17

173:00

3x12



2025-09-17

174:00

Upper back endurance  
for posture & sprint arm  
drive



2025-09-17

175:00

## Lateral Raise



2025-09-17

176:00

3x12-15



2025-09-17

177:00

Shoulder stability for  
balance when running or  
defending



2025-09-17

178:00

Rear Delt Fly



2025-09-17

179:00

3x12-15



2025-09-17

180:00

Prevents rounded  
shoulders



2025-09-17

181:00

helps tackling posture



2025-09-17

182:00

### 3. Core / Stability



2025-09-17

183:00

## Exercise



2025-09-17

184:00

Sets x Duration / Reps



2025-09-17

185:00

## Pitch Benefit



2025-09-17

186:00

## Plank Variations



2025-09-17

187:00

3×30–60s



2025-09-17

188:00

Maintain strong defensive  
stance & posture



2025-09-17

189:00

Pallof Press



2025-09-17

190:00

3x12-15



2025-09-17

191:00

Anti-rotation core for  
tackling & shielding



2025-09-17

192:00

## Hollow Hold



2025-09-17

193:00

3×20–30s



2025-09-17

194:00

Core endurance for  
sprinting & jumping



2025-09-17

195:00

#### 4. Acceleration-Specific Extras



2025-09-17

196:00

Bodyweight Jump Squats  
– 3x12



2025-09-17

197:00

Explosive take-offs for  
attacking and recovering  
position



2025-09-17

198:00

Single-Leg Hops Forward  
– 2x6/leg



2025-09-17

199:00

Push-off power &  
balance for sprinting /  
changing direction



2025-09-17

200:00

FRIDAY



2025-09-17

201:00

Bodyweight Explosive  
Session for Soccer (50–  
60 min)



2025-09-17

202:00

## 1. Warm-Up (8–10 min)



2025-09-17

203:00

High knees 2x20m



2025-09-17

204:00

Butt kicks 2x20m



2025-09-17

205:00

A-skips / B-skips 2x20m



2025-09-17

206:00

Mini hops / jump rope  
simulation 2–3 min



2025-09-17

207:00

Hip circles



2025-09-17

208:00

leg swings



2025-09-17

209:00

arm circles



2025-09-17

210:00

## 2. Lower Body Explosiveness



2025-09-17

211:00

## Exercise



2025-09-17

212:00

Sets x Reps



2025-09-17

213:00

## Notes / Pitch Benefit



2025-09-17

214:00

## Jump Squats



2025-09-17

215:00

3x12



2025-09-17

216:00

Vertical jump power for  
headers & sprints



2025-09-17

217:00

## Bulgarian Split Jump



2025-09-17

218:00

3x6/leg



2025-09-17

219:00

Single-leg explosiveness  
for sprinting & cutting



2025-09-17

220:00

Walking Bounds / Single-Leg Bounding



2025-09-17

221:00

3x8–10 per leg



2025-09-17

222:00

Horizontal power for  
acceleration & stride  
length



2025-09-17

223:00

### Single-Leg Hops (forward)



2025-09-17

224:00

2x6/leg



2025-09-17

225:00

Push-off & balance for  
sprinting & changing  
direction



2025-09-17

226:00

### 3. Upper Body Explosiveness



2025-09-17

227:00

## Exercise



2025-09-17

228:00

Sets x Reps



2025-09-17

229:00

## Notes / Pitch Benefit



2025-09-17

230:00

Clap Push-Ups /  
Explosive Push-Ups



2025-09-17

231:00

3x8-10



2025-09-17

232:00

Upper body power for  
tackling & shielding



2025-09-17

233:00

## Pike Push-Ups



2025-09-17

234:00

3x8-10



2025-09-17

235:00

## Shoulder explosiveness



2025-09-17

236:00

Superman Explosive  
Raises



2025-09-17

237:00

3x10



2025-09-17

238:00

## Posterior chain



2025-09-17

239:00

sprint posture



2025-09-17

240:00

4. Footwork & Agility  
(Fast Feet)



2025-09-17

241:00

## Drill



2025-09-17

242:00

Sets x Duration



2025-09-17

243:00

Notes / Pitch Benefit



2025-09-17

244:00

Ladder or imaginary  
quick feet



2025-09-17

245:00

3x20s



2025-09-17

246:00

Foot speed



2025-09-17

247:00

coordination



2025-09-17

248:00

reaction



2025-09-17

249:00

High Knees in Place  
(Fast Feet)



2025-09-17

250:00

3x20s



2025-09-17

251:00

Quick leg turnover for  
sprints & defensive  
reactions



2025-09-17

252:00

Lateral Quick Step Touch  
(side-to-side



2025-09-17

253:00

short distance)



2025-09-17

254:00

3x20s



2025-09-17

255:00

Agility & change-of-direction speed



2025-09-17

256:00

## 5. Core Explosiveness



2025-09-17

257:00

## Exercise



2025-09-17

258:00

Sets x Reps



2025-09-17

259:00

Notes / Pitch Benefit



2025-09-17

260:00

## Hollow Hold / Flutter Kicks



2025-09-17

261:00

3×20–30s



2025-09-17

262:00

Core endurance for  
sprints & stability



2025-09-17

263:00

Russian Twists  
(bodyweight)



2025-09-17

264:00

3x12-15



2025-09-17

265:00

Rotational power for  
turning & accelerating



2025-09-17

266:00

Fall 2025 Timetable  
(Abiodun Marquis)



2025-09-17

267:00

Monday



2025-09-17

268:00

8:30–9:20 AM !' ENGL  
1145 – Intro to Prose  
Fiction



2025-09-17

269:00

Instructor: Matthew O.  
Gwathmey / Payton G.  
Tupper



2025-09-17

270:00

Location: Kinesiology  
Building 215 (Lecture)



2025-09-17

271:00

11:30 AM–12:20 PM !  
MATH 1003 – Calculus I



2025-09-17

272:00

Instructor: Muhammad  
Muzammil



2025-09-17

273:00

Location: F.J. Toole Hall 3  
(Lecture)



2025-09-17

274:00

1:30–2:20 PM !' CS 1073

– Intro to Computer

Programming I (Java)



2025-09-17

275:00

Instructor: Natalie Webber



2025-09-17

276:00

Location: Gillin Hall C127  
(Lecture)



2025-09-17

277:00

Tuesday



2025-09-17

278:00

8:30–9:20 AM !' MATH  
1003 – Calculus I Tutorial



2025-09-17

279:00

Instructor: Muhammad  
Muzammil



2025-09-17

280:00

Location: I.U.C. Science  
Library 107 (Tutorial)



2025-09-17

281:00

10:00–11:20 AM !' CS  
1203 – Overview of  
Computer Science



2025-09-17

282:00

Instructors: Michael W.  
Fleming / Hung Cao



2025-09-17

283:00

Location: Head Hall  
(New) C13 (Lecture)



2025-09-17

284:00

1:00–2:20 PM !' ANTH  
1003 – Environment and  
Climate Change



2025-09-17

285:00

Instructor: Summer Wood



2025-09-17

286:00

Location: Carleton Hall  
140 (Lecture)



2025-09-17

287:00

Wednesday



2025-09-17

288:00

8:30–9:20 AM !' ENGL  
1145 – Intro to Prose  
Fiction



2025-09-17

289:00

Location: Kinesiology  
Building 215 (Lecture)



2025-09-17

290:00

11:30 AM–12:20 PM !  
MATH 1003 – Calculus I



2025-09-17

291:00

Location: F.J. Toole Hall 3  
(Lecture)



2025-09-17

292:00

1:30–2:20 PM !' CS 1073

– Intro to Computer

Programming I (Java)



2025-09-17

293:00

Location: Gillin Hall C127  
(Lecture)



2025-09-17

294:00

Thursday



2025-09-17

295.00

10:00–11:20 AM !' CS  
1203 – Overview of  
Computer Science



2025-09-17

296:00

Location: Head Hall  
(New) C13 (Lecture)



2025-09-17

297:00

11:30 AM–12:50 PM ! CS  
1073 – Intro to Computer  
Programming I (Java) Lab



2025-09-17

298:00

Location: Gillin Hall C112



2025-09-17

299:00

1:00–2:20 PM !' ANTH  
1003 – Environment and  
Climate Change



2025-09-17

300:00

Location: Carleton Hall  
140 (Lecture)



2025-09-17

301:00

2:30–3:20 PM !' CS 1203

– Overview of Computer

Science Tutorial



2025-09-17

302:00

Location: Head Hall  
(New) C13



2025-09-17

303:00

Friday



2025-09-17

304:00

8:30–9:20 AM !' ENGL  
1145 – Intro to Prose  
Fiction Tutorial



2025-09-17

305:00

Location: Carleton Hall  
140



2025-09-17

306:00

11:30 AM–12:20 PM !  
MATH 1003 – Calculus I



2025-09-17

307:00

Location: F.J. Toole Hall 3  
(Lecture)



2025-09-17

308:00

1:30–2:20 PM !' CS 1073

– Intro to Computer

Programming I (Java)



2025-09-17

309:00

Location: Gillin Hall C127  
(Lecture)



2025-09-17

310:00

2:30–3:20 PM !' CS 1073

– Intro to Computer  
Programming I (Java)  
Tutorial



2025-09-17

311:00

Location: Gillin Hall  
C127 make a compatible  
timetable tailored to fit my  
life after classes each  
day of the school week

